

# Here are some tips - to help you start . . .

The best activity program is the one you stay with! Be creative in finding activities that you enjoy.



## MAKE SHORT-TERM REALISTIC GOALS

- Identify the type of activities you enjoy
- Develop an action plan
- Check with your doctor before you begin
- Schedule your activity into your daily routine
  - Mark it on your calendar



## RECRUIT A FRIEND OR FAMILY MEMBER

- Find an activity partner, friend, neighbor, co-worker or even an exercise video
- You can have more fun if you have someone to be active with
- Get the family involved—exercise benefits every age group



## DEVELOP AN INCENTIVE AND REWARD PROGRAM FOR YOURSELF

- When you achieve your goals, reward yourself
- Talk about your goals to your family and friends
- Keep an activity log or diary for positive feedback
- Identify other incentives that will help keep you going



## MAKE IT FUN!

- Choose activities you most enjoy and vary them depending on the weather or season
- Even household chores and yard work can count as activities
- Make a game of it
- Exercise to music
- Be flexible
- Try variety
- Join a group



## PREVENT SLIPS AND RELAPSE

- If you get bored, change your activity
- Write down reasons why your last exercise session didn't work. Figure out strategies to prevent slips in the future
- Start again with your new plan



## REMEMBER THE BENEFITS OF PHYSICAL ACTIVITY

- Improve your fitness level
- Increase your strength
- Manage weight
- Improve your heart, diabetes or lungs
- Be more independent
- Lower your blood pressure
- Live longer
- Feel good—boost your energy
- Manage or reduce stress
- Improve posture and balance
- Enjoy life more and improve your well-being



## EVERYDAY ACTIVITIES COUNT!

- Throw on some music and liven up the housework
- Play with your kids—their way
- Find the time by adding up the amount of all your physical activities. Make sure they add up to 30 minutes



- Physical activity doesn't need to be hard, but must be regular to achieve health benefits
- Select activities you enjoy and that fit into your daily lives
- It doesn't matter what you do, but it does matter how long or intense the activity is
- Do light and moderate activities longer than heavy, fast or intense activities (walk for 30 minutes or run for 15 minutes)
- After you get into a regular routine—pick up the pace

## Take Heart Alaska

Adding physical activity to your life is easier than you think.

When you're cleaning the house, walking the dog, or playing with the kids -- vacuum vigorously, walk faster, play active games and have fun.

You'll get more out of life with physical activity.

Everybody needs it.

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## Active Minutes Everyday



## Everybody needs it!